



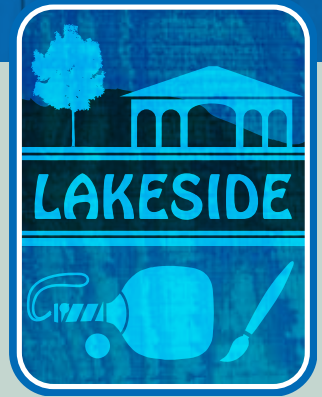
LAKE SIDE

ACTIVITY & PROGRAM GUIDE



WINTER/SPRING 2016





Legend

-  Regional Park
-  Local Park
-  Open Space Preserve
-  Community Center
-  Teen Center
-  Library



ON THE COVER:

This little girl is learning through A Child's Center of Wonder and Discovery! Get info on page 5.

SUPERVISOR'S MESSAGE

Happy New Year from all the staff at the Teen Center, Community Center and Lindo Lake!

We are truly privileged here at this park to be able to sit on the shore of Lindo Lake, hosting the beautiful backdrop for your special event or personal health goals. Whether you are interested in one of our many fitness classes, a dance or martial arts class for your child, or even just to enjoy the serenity of our walking trails, there is something for everyone.



If you are looking for the perfect venue to hold your next meeting, birthday party, or wedding, please be sure to see our rental information (Page 12).

Sincerely,

Ashley Westbrook, Lakeside Community Center Supervisor
Roger Covalt, Lindo Lake Supervising Park Ranger



LAKESIDE COMMUNITY CENTER

9841 Vine Street
P.O. Box 1708
Lakeside, CA 92040
619-443-9176

HOURS OF OPERATION

Days: Monday – Friday
Time: 12 – 8 p.m.
Closed: Saturdays
& Sundays

HOLIDAY CLOSURES

The Lakeside Community Center will be closed in observance of the following holidays:

- President's Day
Monday, February 15
- Cesar Chavez Day
Thursday, March 31
- Memorial Day
Monday, May 30



LIVE WELL
SAN DIEGO

Live Well San Diego is the County of San Diego's vision for a region that is building better health, living safely and thriving. Live Well activities promote the health, safety and well-being of all County residents. Parks and Recreation supports this vision through hundreds of educational and recreational offerings, every year.

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SPECIAL EVENTS

Lakeside Planning Group Public Meeting

This meeting takes place the first Wednesday of every month at 6:30 pm. For more information and the agenda, visit <http://lcpw.weebly.com/>.

Date: Feb. 3 – May 31
Time: 6:30 – 9 p.m.
Fee: Free
Ages: All ages

Lakeside Design Review Board

This meeting takes place the second Wednesday of every month at 6 p.m. For more information and the agenda, visit <http://lakesidedrb.weebly.com/>.

Date: Feb. 10 – May 11
Time: 6 – 8 p.m.
Fee: Free
Ages: All ages

Lakeside, the Drought, & the GSOB, Oh My!

Meet Ranger Roger to learn a little about the history of Lakeside, how the drought impacts us all and the pest that is killing our oak trees.

Location: Lindo Lake County Park
Date: Feb. 20, Mar. 19, Apr. 16, May 29, Jun. 25
Time: 10 – 11 a.m.
Fee: Free
Ages: All ages

It's How We Live! Health Fair ★

The It's How We Live! Health Fair is a free community festival for the entire family. Activities include games, a rock climbing wall and an obstacle course. Health-related information booths will also be on display, as well as healthy food samples, and health and dental screenings. The event will immediately follow the Lakeside Union School District's Run For The Arts.

Location: Lindo Lake County Park, Ballfield
Date: March 12
Time: 9 a.m. – 12 p.m.
Fee: Free
Ages: All ages



Lakeside Revitalization Meeting

Lakeside residents are invited to the spring Lakeside Community Revitalization Meeting, chaired by County Board of Supervisor, Dianne Jacob. This meeting provides residents with an opportunity to communicate directly with their elected official.

Location: Lakeside Community Center
Date: Mar. 24
Time: 9:30 – 11:30 a.m.

Wonders! Rocket Camp

Build and launch a 2-foot rocket that soars over 800 feet, experiment with actual conditions found on some planets – that are solid from frozen gases, make paper airplanes that will fly higher than a building... and more!

Date: Mar. 21 – 25, daily
Time: 1:30 – 4:30 p.m.
Fee: \$125 plus \$30 material
Ages: 5 – 14 years

Pickleball Tournament

Join us for our fifth annual Lakeside Pickleball Tournament. This will be a double-style tournament, with every team guaranteed to play twice. Food, drinks and prizes will be available for all participants. Trophies will be presented to the winners.

Date: Apr. 29
Time: 3 – 8 p.m.
Fee: \$30 per team
Ages: Adult (includes seniors)

Lakeside Chess Tournament

Put your chess skills to the test at this Invitational San Diego County Chess Tournament. Youth tournaments will begin at 8 a.m. and adult tournaments will begin at 1 p.m. Pre-registration begins in March. Contact the Lakeside Library for more information at 619-443-1811.

Location: Lakeside Community Center
Date: May 21
Time: 8 a.m. – 5 p.m.
Fee: Free
Ages: All ages

Fishing with the Ranger

Ranger David and staff will guide participants through a morning of fishing and related activities. Come out with your rod and reel and “wet a hook” with your friends and Lindo Lake.

Date: May 21
Time: 8 – 11 a.m.

13th Annual Opti-Fishing Derby ★

We fill Lindo Lake with more than 1,000 lbs. of catfish and let the kids have at them... When the kids are done fishing, we feed them lunch and give away a stage full of prizes!

Location: Lindo Lake County Park
Date: June 4
Time: 7 a.m. – 1 p.m.
Fee: Free
Ages: 0 – 15 years





EARLY EDUCATION

A Child's Center of Wonder & Discovery
(License #376700063)

Our Classes Offer:

- Outstanding, child-centered, "Wonder and Discovery" curriculum, based on a combination of Montessori, Waldorf, Reggio and project-based learning
- A remarkable teacher to child ratio:
 - 3 teachers for 12 children (3 and 4 year olds)
 - 3 teachers for 18 children (4 and 5 year olds)
- Experienced staff with more than 80 years of combined experience teaching preschoolers
- Beautifully equipped, clean and engaging classroom environments; call for a tour to see for yourself!
- Outdoor nature experiences
- Regular cooking experiences with an emphasis on nutrition and healthy eating

We fill all classes from the Priority Wait List.
SIGN UP NOW!

To be placed on the list, fill out the Priority List Form online at www.WonderandDiscovery.com. You will then be contacted regarding your registration. You may also visit the Lakeside Community Center office to fill out a Priority List Form.

- We are a non-profit preschool
- We provide half-day enrichment classes
- Classes run September through June
- We fill our classes from our Priority List.

Classes for 3 & 4 Year Olds

Child must turn 3 by Dec. 2, 2015

Date: Tuesdays and Thursdays
Time: 8:30 –11:30 a.m.
Fee: \$178 month*

Date: Wednesdays and Fridays
Time: 8:30 –11:30 a.m.
Fee: \$178 month*

Classes for 4 & 5 Year Olds

Child must turn 4 by Feb. 28, 2016

Date: Tuesdays and Thursdays
Time: 8:30 –11:30 a.m.
Fee: \$178 month*

Date: Monday, Wednesday and Friday
Time: 8:30 –11:30 a.m.
Fee: \$252 month*

Date: Tuesday, Wednesday, and Thursday
Time: 12:30 – 3:30 p.m.
Fee: \$252 month*

Date: Monday – Friday
Time: 8:30 – 11:30 a.m.
Fee: \$410 month*

A \$50 per school year, non-refundable registration fee is required to secure your child's enrollment.

*Partial scholarship available. Ask for information.

Please call 619-443-2696 to schedule a tour, and for more information please visit our website at www.WonderandDiscovery.com.

A Child's Center of Wonder & Discovery preschool admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarships, and loan programs, and athletic and other school-administered programs.



YOUTH PROGRAMS

Gymnastics I

This class focuses on all-around exercises on the balance beam, bars, vault, and floor. Beginning-to-intermediate skills will be taught in every exercise on a weekly basis. Our highly trained instructors will insure that every student is building the appropriate age-level skills to move up for advancement for competitive, or high school gymnastics. Our gymnasts will learn to obtain balance, coordination, mount, dismount, walk, jump, perform acrobatics on our balance beams, and will learn agility and speed when mounting and dismounting the vault. A gymnastics leotard is required. Students must have prior instructor approval.

This class will be offered in two 6-week sessions. Each student will receive a free T-shirt. New students, please come in 15 minutes early to register! For more information, email tumblingfortots@gmail.com.

Instructor: Tumble Wee & Dance
Session 1: Feb. 1 – Mar. 14, Mondays
 (Closed Feb. 15, President's Day)
Session 2: Apr. 4 – May 9, Mondays
Time: 3:45 – 4:45 p.m.
Fee: \$50/session
Ages: 6 and older

Gymnastics II

This class expands on all-around exercises on the balance beam, bars, vault, and floor. Students must meet the following requirements: handstand, cartwheel, push up to a bridge and kick over. Not having these skills will require you to first attend the Gymnastics I class. Our gymnasts will learn to obtain balance, coordination, mount, dismount, walk, jump, perform acrobatics on our balance beams, and will learn agility and speed when mounting and dismounting the vault. Gymnasts will also learn to create a floor routine with jumps, leaps, beginning ballet dance styles, as well as flips and tumbling passes. Accompanying adults must wait outside.

This class will be offered in two 6-week sessions. Each student will receive a free T-shirt. New students, please come in 15 minutes early to register! For more information, email tumblingfortots@gmail.com.

Instructor: Tumble Wee & Dance
Session 1: Feb. 1 – Mar. 14, Mondays
 (Closed Feb. 15, President's Day)
Session 2: Apr. 4 – May 9, Mondays
Time: 4:45 – 5:45 p.m.
Fee: \$50/session
Ages: 6 and older

Tumbling 1

This class will go over basic tumbling skills such as rolls, cartwheels, handstands and limbers, as well as beginning cheer skills. Please wear athletic shoes to class.

Instructor: Gym Trix
Date: Feb. 2 – May 31, Tuesdays, ongoing
Time: 3:30 – 4:15 p.m.
Fee: \$40/month
Ages: 6 and older

Tumbling 2 & 3

This advanced-level class will go over tumbling skills such as bridge kickovers, back handsprings and round-off back handsprings, as well as advanced cheer skills. Please wear athletic shoes to class. Registration for Tumbling 2 & 3 requires prior approval from instructor.

Instructor: Gym Trix
Date: Feb. 2 – May 31, Tuesdays, ongoing
Time: 4:15 – 5 p.m.
Fee: \$40/month
Ages: 6 and older

Kindertrix 1

This 45-minute gymnastics class will cover elementary gymnastics skills on the floor, low balance beam, and the mini bar.

Instructor: Gym Trix
Date: Feb. 2 – May 31, Tuesdays, ongoing
Time: 5 – 5:45 p.m.
Fee: \$40/month
Ages: 3 – 5 years

Kindertrix 2

This advanced-level gymnastics class will progress gymnastics skills on the floor, low balance beam and mini bar. Registration for Kindertrix 2 requires prior approval from instructor.

Instructor: Gym Trix
Date: Feb. 2 – May 31, Tuesdays, ongoing
Time: 5:45 – 6:30 p.m.
Fee: \$40/month
Ages: 4 – 6 years

Little Dragons By Guzman Tang Soo Do

Little Dragons Martial Arts is designed to introduce children ages 3 to 6 to the world of martial arts. Children are taught to sit, pay attention and control themselves in a positive manner. Martial arts training will improve hand/eye, and footwork coordination through exercises designed specifically for their age. They will also learn the basic principles of martial arts while having fun.

Instructor: Tang Soo Do
Date: Feb. 5 – May 27, Fridays, ongoing
Time: 4 – 4:45 p.m.
Fee: \$30/month
Ages: 3 – 6 years



Martial Arts By Guzman Tang Soo Do

Our students build confidence and are taught respect, self-control, and how to set and achieve goals. Students learn self-defense in blocking, deflecting energy, striking, kicking, controlling opponents, and escape tactics. Our instructors are highly qualified in proper technique, teaching, and encouraging kids in a friendly, but disciplined manner. Families are encouraged to participate together.

Register your child for 3 months and receive a free uniform (must pay for all three months in a single transaction). Uniforms are required on the 32nd day of class.

Register yourself and your child for 3 months and pay \$60 for yourself and \$120 for your child (must pay for all three months in a single transaction). Uniforms are required on the 32nd day of class.

Additional testing fees apply. The cost is \$50 for participants 6 years of age and older, and \$30 for participants 3 – 5 years old.

Schedule changes may occur to accommodate testing days. Additional fees may apply; see instructor for details.

Instructor:	Tang Soo Do
Date:	Feb. 2 – May 31
Time:	Tuesdays, 7 – 8 p.m. Wednesdays, 4 – 5:30 p.m. Fridays, 5 – 6:30 p.m.
Fee:	\$40/month
Ages:	6 and older

Preschool Dance 1

Your young dancer is finally ready to dance on their own, and this class will teach a variety of different dance techniques — including pre-ballet, as well as tap! Simple bar exercises will also be introduced. Ballet and elastic band tap shoes, a leotard, and tights must be worn to every class. No tutus. Accompanying adults must wait outside. Students must have prior instructor approval.

This class will be offered in two; six week sessions. Each student will receive a free T-shirt. New students, please come in 15 minutes early to register! For more information, email tumblingfortots@gmail.com.

Instructor:	Tumble Wee & Dance
Session 1:	Feb. 6 – Mar. 12, Saturdays
Session 2:	Apr. 2 – May 7, Saturdays
Time:	9 – 9:45 a.m.
Fee:	\$50 for 6 week session
Ages:	3.5 – 5 years

Preschool Gymnastics 1

Beginning gymnastics skills will be taught including forward, straddle, and backward rolls. Walk across the mini balance beam and flip over the bars... A fun obstacle course, music, colors, shapes, and parachute time guarantees a fun time for all. Leotard or comfortable clothing required. Parent participation is required for this fun-filled class.

This class will be offered in two; six week sessions. Each student will receive a free T-shirt. New students, please come in 15 minutes early to register! For more information, email tumblingfortots@gmail.com.

Instructor:	Tumble Wee & Dance
Session 1:	Feb. 6 – Mar. 12, Saturdays
Session 2:	Apr. 2 – May 7, Saturdays
Time:	10 – 10:45 a.m.
Fee:	\$50 for 6 week session
Ages:	1.5 – 3.5 years

Kidz Love Soccer: Mommy/Daddy & Me Soccer

Introduce your toddler to the world's most popular game! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action, not watching from the sidelines! All kids receive a Kidz Love Soccer jersey!

Location:	Lindo Lake County Park, Ballfield
Date:	Feb. 10 – Mar. 16, Wednesdays, ongoing
Time:	5 – 5:30 p.m.
Fee:	\$77
Ages:	2 – 3.5 years

Kidz Love Soccer-Tot/Pre-Soccer

Little tykes will enjoy running and kicking just like the big kids! Children will have fun and learn the basic techniques of the game; all while building self-esteem and learning to follow instructions in a nurturing teaching environment. All participants will receive a Kidz Love Soccer jersey. Shin guards are required after the first meeting.

Location:	Lindo Lake County Park, Ballfield
Date:	Feb. 10 – Mar. 16, Wednesdays, ongoing
Time:	3:30 – 4:05 p.m.
Fee:	\$77
Ages:	3.5 – 5 years

Kidz Love Soccer - Soccer 1: Techniques & Teamwork

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches are introduced gradually. All participants will receive a Kidz Love Soccer jersey. Shin guards are required after the first meeting.

Location:	Lindo Lake County Park, Ballfield
Date:	Feb. 10 – Mar. 16, Wednesdays, ongoing
Time:	4:05 p.m. – 4:50 p.m.
Fee:	\$77
Ages:	5 – 6 years

REC CLUB

9911 Vine Street, P.O. Box 1708
Lakeside, CA 92040

Hours of Operation

Time: 2 – 6 p.m.; Monday – Friday
1 – 5 p.m., Wednesday
Fee: Free
Ages: 10 – 17 years

The Lakeside REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of REC Club is to provide a safe, fun, positive environment that is free of violence, drugs, prejudice and racism. To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self-esteem, communication skills, problem solving ability, and community involvement. The fundamental objective of the program is to succeed in life. We encourage youth to take a proactive role toward leading healthy lives free of drugs and violence. For more information, contact Douglas Trawick, Recreation Program Coordinator, at 619-443-4169.

Weekly Activities

- Arts & Crafts
- Homework Assistance
- Gardening
- Cooking Classes
- Sports Activities
- Community Service Projects
- Field Trips
- Monthly Special Events
- Supercrew

Upcoming Events

Ropes Course at Camp Stevens	(TBD)
San Diego Opera	February 11 & May 5
Joshua Tree Rock Climbing	March 24 – 25
Skate Trips	(once a month)

Club Closures

- | | |
|-----------|-----------|
| • Jan. 18 | • Feb. 15 |
| • Mar. 31 | • May 30 |



REC Club Sk8crew

Join Lakeside REC Club Sk8crew! The goal of Sk8crew is to create awareness about skateboarding in Lakeside and to serve as the “youth voice” for the newest skate park. The group meets on Fridays to watch and create skate videos, compete in skate competitions, and promote safe riding techniques. Free trips to local skate spots are provided to get teens inspired. Sk8crew is open to youth of all skill levels.



Date: Every other Friday, call ahead
Time: 4:30 – 5:45 p.m.

Energy Saving Adventures (ESA)

Energy Saving Adventures (ESA) is the new REC Club perspective of taking charge of our future through resource conservation. The daily after-school program inspires and empowers youth to create change in the world around them. Through films, tournaments, activities, experiments, and field trips, each day, teens tackle important concepts through an Energy Saving Adventure.

Date: Monday – Friday
Time: 3 – 5 p.m.

RECXplorers

RECXplorers is an outdoor adventure program which is focused on developing an appreciation for the outdoors and an ethic of environmental stewardship. Working together, ESA and RECXplorers have developed programs that culminate in what has been named Environmental Energy Education, a hybrid project of sustainability and outdoor recreation. Multiple FREE off site field trips offered!

Art Club

Creativity is something everyone has and the Lakeside REC Club wants to provide a place where teens can share that! Join our newest club that explores the creative and artistic sides of teens by providing them with enjoyable arts and crafts, fun holiday projects and a place where friends are made. Teens will try a variety of art including: painting, drawing, sculpting, movies, culinary skills and much more!



Date: Tuesdays
Time: 4 – 5 p.m.



Green Teen Garden Program

The Green Teen Garden Program empowers teens to be effective community change agents by immersing them in the local food system. The program teaches life and work skills through hands-on experiences in gardening, health and nutrition, entrepreneurship, and leadership. Teens explore various aspects of the food system through hands-on planting, along with the upkeep and harvest of seasonal plants and vegetables. Harvested items will be used to teach culinary skills, healthy eating habits, economic savings and the importance of growing locally as a sustainable alternative.

Date: Thursdays
Time: 3 :30 – 4 p.m.

Festive Fridays!

The Lakeside REC Club provides a fun after-school event monthly, where there are activities, snacks, crafts, and more!

Previous Festive Fridays have included: Fear Factor, Olympics, and Carnival and Video Game themes. This is a great opportunity for kids to kick start the weekend by having a blast with their friends. We transform the REC Club into a themed party, with fun decorations and music. This program provides participants with an entertaining day that is special and unique to the creativity of the staff of the REC Club.

Date: One Friday every month (call for continued updates)
Time: 2 – 6 p.m.

Healthy Cooking

Participants examine the different nutrient values of various foods and the amount of energy the body can produce; similar to different types of fuel sources and the variants in energy efficiency rates.

Date: Mondays
Time: 3:30 – 4:30 p.m.



Homework Hour

Homework Hour provides youth with the opportunity to complete their daily schoolwork in an ideal environment with assistance from staff and volunteers. The teens will be able to utilize the Lakeside Library if they need to do research on the internet or type a paper. This is an excellent opportunity for youth to receive assistance with their homework and complete it prior to going home for the day.

Date/Time: Monday – Thursday, 2:30 – 3:30 p.m.
 Wednesday, 1:30 – 2:30 p.m.

Sports Club

Sports Club provides youth with the opportunity to learn and experience all different kinds of sports and physical activities. This will not only expose them to a wide variety of sports but it will also give them a chance to practice and learn the fundamentals of the game. We spend 2 weeks on each sport – the first dedicated to learning skills and fundamentals, the second dedicated to playing the sport as a group.

Date: Wednesdays
Time: 3 – 4 p.m.

Super Crew

The Super Crew program focuses on developing teenagers (14 years old and older) into leaders who will exemplify what it means to be a REC Club member. The Super Crew will get involved with community service projects, service learning, and other opportunities to give back to the community. In addition, the Super Crew will focus on developing teenager's skills and abilities to help them succeed as they transition into adults; skills such as resume building, formal communication, job applications, college preparedness, and much more.

Date: Wednesdays
Time: 4 – 5 p.m.

ADULTS

Fitness Fusion By Condor Fitness

A combination of intense cardio, strengthening exercises, and core stability exercises will be a part of this fast-paced class. The goals of Bootcamp Fusion are to burn calories and strengthen all muscle groups in the body. Not only will this class change the participant's physical appearance, but it will also improve daily living. The atmosphere is upbeat with the assistance of energizing music. Each workout is unique which keeps the classes interesting and effective. All exercises can be adjusted to match individual ability. Condor Fitness is instructed by Chase Spain.

Date:	Feb. 1 – May 31 Mondays, Wednesdays and Fridays, ongoing
Time:	8:30 – 9:30 a.m.
Fee:	\$45/month \$7 drop-in
Ages:	18 and older

Fitness Core by Condor Fitness

This is a full-body exercise class that incorporates circuit training to help you lose weight, tone muscle, improve athletic performance and even build confidence. This outdoor class will use different weights, medicine balls, and other exercise equipment. This program runs month-to-month..

Date:	Feb. 1 – May 31 Mondays – Thursdays, ongoing Fridays are FREE
Time:	4:30 – 5:30 p.m.
Fee:	\$35/twice a week \$45/three times a week \$50/four times a week \$7 drop-in
Ages:	18 and older

Fitness Power by Condor Fitness

Bootcamp Fitness is an hour-long class that combines weights, balance tools, the human body and cardio to activate all of the major muscles groups. Exercises change continuously so participants can improve on a regular basis, as well as to keep the workout interesting. Exercises are modified so each individual is pushed to a level that is appropriate for them. All fitness levels are welcome.

Date:	Feb. 1 – May 31
Time:	6:15 – 7:15 p.m. Tuesdays and Thursdays, ongoing
Fee:	\$40/month \$7 drop-in
Ages:	18 and older

The Salvation Army Nutrition Program

Join us for Senior Lunch – a delicious and nutritious meal offering items from all the food groups.

Date:	Feb. 1 – May 31 Monday – Friday, ongoing
Time:	12 – 1 p.m.
Fee:	\$4/suggested donation for seniors 60+ years \$6/required fee for non-seniors
Ages:	Adults (includes seniors)

Pickleball

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a wiffle ball), and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Join us for fun, friends and lots of laughter!

Date:	Feb. 1 – May 31
Time:	2 – 7:45 p.m. Mondays 2 – 6 p.m., Tuesdays and Thursdays 2 – 5 p.m., Fridays
Fee:	\$2 drop-in fee
Ages:	18 and older

Line Dancing

Line dancing is an easy way to have fun while you exercise your body and your mind. This class will focus on more than just learning dances - we will incorporate choreography, dance variations, understanding how to tell what songs go with what dances, and lots more. Join other dancers to learn some of the most popular line dances around. Some experience required.

High Beginner Class

Date:	Feb. 1 – May 31
Time:	6 – 7 p.m., Mondays Some experience required

Intermediate Class

Date:	Feb. 1 – May 31
Time:	6 – 7 p.m., Mondays Experience required.

Fee:	\$6 drop-in fee
Ages:	12 and older





Tai Chi

Tai Chi promotes health and longevity. Experience over hundreds of years has shown that practicing Tai Chi can improve one's health, reduce tension and combat symptoms related to a number of diseases such as high blood pressure, arthritis, asthma, stomach ailments, heart problems and nervousness.

Beginner Level

Date: Feb. 1 – May 31
Time: 12 – 1 p.m., Monday - Thursday

Intermediate Level

Date: Feb. 1 – May 31
Time: 11 a.m. – 12 p.m., Monday – Thursday

Fee: Free
Ages: 18 and older

Senior Chair Yoga

Chair Yoga offers a combo of active and passive stretching that is especially helpful to keep you injury-free. Improve your strength, flexibility, and mobility through standing or seated yoga poses specially adapted for seniors (55+) at any level of health and fitness. Chairs and props are provided to keep everyone safe and supported. Please bring a mat to every class.

Date: Feb. 1 – May 31
Time: 10 – 11:30 a.m.
Fee: \$10/class
Ages: 18 and older

Zumba

Zumba is a Latin inspired, easy-to-follow, calorie burning, feel-it-to-the-core, fitness party! You will get a marvelous workout and condition all muscles while having fun. Join the party!

Date: Feb. 2 – May 31
Time: 12:30 – 1:30 p.m., Tuesdays
 6:05 – 7:05 p.m., Thursdays
Fee: \$6/class (when registered for the month)
 \$7 drop-in fee
Ages: 13 and older

Art History with Aniko Makrancy: Georgia O'Keeffe

This class will discuss the most significant phases of her long career; her exceptional skills as a painter; O'Keeffe's relationship with Stieglitz; the artistic climate in the USA at the time and the way in which European art brought about changes; her use of color, shape and form to tell a story and her success in staying true to her own vision. Course minimum participants = 10.

Date: Feb. 3 – 17, Wednesdays
Time: 10 a.m. – 12 p.m.
Fee: \$60
Ages: 18 and older

Still Life Painting/Drawing With Aniko Makrancy

Gain skills with the materials and tools while acquiring an understanding of core concepts of how to create balanced painting. This course will focus on form, value, light and shadow, and composition. Color mixing, warm and cool relationships of colors, and problem solving will be emphasized as the class moves from learning fundamental concepts to completing still life paintings. Materials and process will be discussed at the first session of the class (a supply list is available from the Community Center). Course minimum participants = 6.

Date: Feb. 3 – Mar. 9
Time: 1 – 3 p.m., Wednesdays, ongoing
Fee: \$150
Ages: 18 and older

Beadweaving 101

This class teaches the six basic stitches of beadweaving. When you've learned these stitches, you will be able to bead almost any pattern. Choose which stitches you would like to learn and join "Friday Beaders" each week – a time of learning a new hobby, creating beautiful jewelry, inspiration, relaxation and new friendships! Class size fluctuates up to 16 participants. A \$20 fee will provide all materials including a bead mat, written instructions, and beading information. You will leave class with a finished, beautiful bracelet. Thereafter, participant provides own materials. Classroom instruction and patterns are free.

Start at any time, and stay as long as you like, but call 619-443-9771 prior to your first class, so the instructor can prepare your bead kit.

Date: Feb. 5 – May 27
Time: 10:30 a.m. – 3 p.m.,
Fee: \$20 for first class
 (all materials provided)
Ages: Adults (includes seniors)



LAKESIDE COMMUNITY CENTER RENTAL

WEDDINGS | BIRTHDAYS | ANNIVERSARIES | BANQUETS

The Lakeside Community Center is a central space for a wide variety of local events, programs, activities and social occasions. From children's birthday parties and senior lunches to reunions, weddings and anniversary celebrations, the Lakeside Community Center can accommodate up to 370 people between its Main (Meyer) Hall, Moreno Room and Lakeshore Room. A commercial kitchen is available for food preparation, and tables and chairs can be added to any reservation for a flat fee. The Center offers ample space at an incredible price... **Book today!**



Room	Square Footage	Capacity	Private Function/ Commercial Users	Non-Profit Rentals	Refundable Deposit	Table & Chair Rental Fee
Main Hall (Friday & Saturday)	4650 sq. ft.	250	\$650/\$150*	\$500/\$125*	\$300	\$150
Main Hall (Mon – Thurs)	4650 sq. ft.	250	\$150/hr.	\$125/hr.	\$150	\$100
Moreno Room	1638 sq. ft.	90	\$95/hr.	\$60/hr.	\$100	\$75
Lakeshore Room	510 sq. ft.	30	\$23/hr.	\$15/hr.	n/a	n/a
Kitchen**	860 sq. ft.	n/a	\$105	\$80	n/a	n/a



Reservation Information

619-443-9176

* Main Hall – 4 hours at the first rate. Each additional hour is at the second rate. Additional rates may apply. Security guard(s) and Insurance are required for private events.

** Only available with rental of Meyer Hall



LAKE SIDE TEEN CENTER

Room	Square Footage	Capacity	Private Function/ Commercial Users	Non-Profit Rentals	Refundable Deposit	Table & Chair Rental Fee
Main Room	1080 sq. ft.	50	\$75/hour*	\$60/hour*	\$300	\$75

The Teen Center is only available on Saturdays or Sundays.

Reservation Information
619-443-9176

* 3 hour minimum

* Additional fees may apply



LINDO LAKE PARK RENTALS

Lindo Lake County Park is the recreational center of the Lakeside community. With its family and group picnic areas, stage, play areas, softball field, horseshoe pits, fishing, and tennis courts, there is something for everyone. The park is also home to the local County Library. Lindo Lake is known for its excellent bird watching opportunities and walking trail. A new fitness walk on the westernmost peninsula on the south shore of the lake features 17 physical fitness stations that present a scenic, no-cost workout for park visitors.

Area	Seating	BBQs	Fees	Other
Pavilion 1	100	3	\$175/day*	Full shade; restrooms & playground nearby; small stage; no electricity
Pavilion 2	50	3	\$100/day*	Full shade; restrooms & playground nearby; no electricity
Boat House	50	n/a	\$75/hour or \$300/day	Full shade; restrooms nearby; no electricity

*Pavilion 1 and 2: A \$5 reservation fee will apply.

Reservation Information

619-443-9176
or 858-694-3030

LOCATION

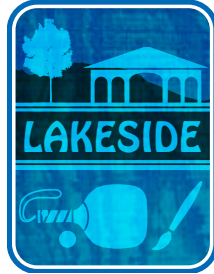
12660 Lindo Lane, Lakeside CA 92040
619-443-1666

HOURS OF OPERATION

Days: Monday – Sunday
Hours: 9:30 a.m. – Sunset



LAKESIDE AREA PARKS



Lindo Lake Exercise Path

Don't have the time or resources for a gym membership? No need! Get active, be inspired and have fun at Lindo Lake County Park. The Lindo Lake exercise path has multiple exercise stations, including: stationary bikes, leg presses, lat pulls and abdominal benches. Enjoy the scenic nature of Lindo Lake County Park the next time you want to get a free, fun workout! Exercise path training guides are available in the Lakeside Community Center office upon request.

Date: Feb.1 – May 31
Time: Open sunrise to sunset
Fee: Free
Ages: All ages

El Monte County Park

15805 El Monte Road
 Lakeside, CA 92040
 619-443-1474
 Open 9:30 a.m. to sunset

El Monte County Park is one of the original County parks. El Cajon Mountain stands high above this 88-acre park which features grassy lawns, mature trees, a ball field, play areas, and many picnic locations. At the west end of the park is a staging area and the entrance to the historic Flume Trail. Engaged couples love the park's famous wedding tree and oak grove!



Oakoasis/ El Capitan

12620 Wildcat Canyon Road
 Lakeside, CA 92040
 619-561-0580
 Open 7 a.m. to sunset

Oakoasis preserve boasts 397 acres of chaparral and woodlands with spectacular views across 2.5-miles of well-marked trails. Campsites are available for individuals and groups, and a pavilion can be reserved for large gatherings. Oakoasis plays host to a number of star parties and meteor-gazing events, year-round.

Louis Stelzer County Park

11470 Wildcat Canyon Road
 Lakeside, CA 92040
 619-561-0580
 Open 9:30 a.m. to sunset

Louis Stelzer County Park spans 310 acres of oak woodland and coastal sage scrub. Birdwatching, hiking and picnicking are all available – along with playgrounds, a horseshoe pit and barbeques. This park is a frequent stopping point for scout groups and school field trips, and can be booked for a variety of special occasions.

Flinn Springs County Park

14787 Old Highway 80
 El Cajon, CA 92021
 619-561-0180
 Open 9:30 a.m. to sunset

Flinn Springs is a day-use park located in East County San Diego. On site is a gazebo for weddings and special events, and the park can accommodate up to 500 patrons! Everyone will enjoy the robust lawn areas, ancient oak tree canopy and a peaceful stream that flows through the park's center.

THE UPSIDE
 OF OUTSIDE



LAKESIDE COMMUNITY CENTER

9841 Vine Street
P.O. Box 1708
Lakeside, CA 92040



BOARD OF SUPERVISORS

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